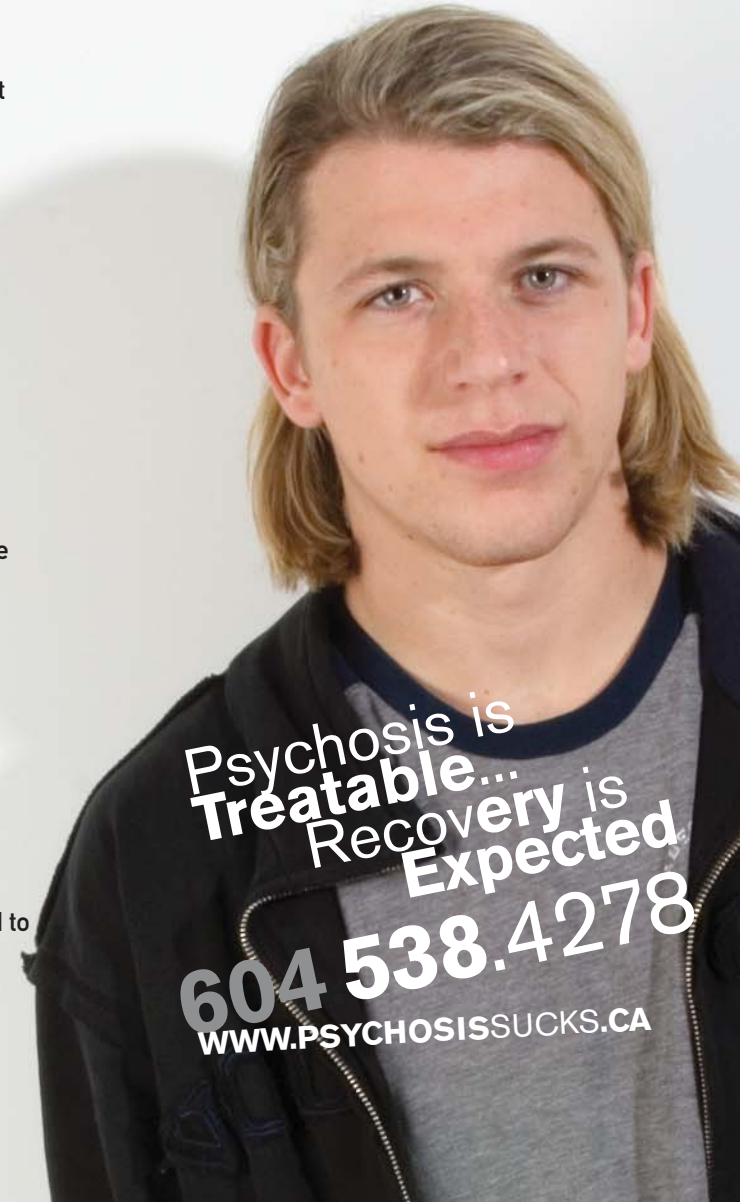


Having Difficulty Coping?

...it could be psychosis



Psychosis is
Treatable...
Recovery is
Expected
604 538.4278
WWW.PSYCHOSISSUCKS.CA

What does EPI provide?

The EPI Program offers clinical services to individuals and their families. The program aims to promote wellness, reduce socially isolating behaviour and restore previous levels of functioning.

EPI Clinicians and Psychiatrists work at every Youth and Adult Community Mental Health Center. EPI Clinicians provide and coordinate all aspects of treatment, counseling, education, case management, support and referrals to adjunct services located in the community. EPI Psychiatrists offer assessment and medical treatment.

Group sessions are held in various locations and are facilitated by group therapists. Groups provide a safe environment in which to meet others who have been through similar experiences. Groups offer education about psychosis through videos, presentations, written material and discussion.

Groups for clients and families in Fraser South include:

- Client youth groups (6-8 weeks)
- Client adult groups (6-8 weeks)
- Family education group (4 weeks)
- South Asian family education group in Punjabi and Hindi (5 weeks)
- Monthly family support group (two support groups on different evenings)
- Sibling education group (1 session)

Specialized program components are offered in Fraser South:

- Vocational Rehabilitation services include assisting with return to work, developing work skills, college/university planning, career interest testing, volunteer work crews
- Family therapy
- Peer Recreational Events sponsored by the EPI Peer Support Advisory Committee

Education and Training

Education and Training workshops on early psychosis identification and intervention are an ongoing part of the EPI Program that are offered to professional and community agencies.

exams
work
relationships

money

pressure



Early Psychosis Intervention Program

Psychosis
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Ministry of Children
and Family Development

deadlines
alcohol
drugs

exams
deadlines
pressure



What IS Psychosis?

When people have difficulty coping, it can take various forms. Anxiety, depression, or stress can often be signs of difficulty. But it could also be psychosis.

The word “psychosis” is used to describe conditions affecting the mind, in which there is some loss of contact with reality. It affects thoughts, feelings and behaviours. Hallucinations, delusions (false beliefs), paranoia and disorganized thoughts and speech are symptoms of psychosis. These symptoms can seem so real that the person may not realize that they are experiencing psychosis.

Approximately 3% of people will have a psychotic episode at some stage in their life, although a first episode usually occurs in adolescence or early adult life. Psychosis occurs across all cultures and levels of socioeconomic status and affects males and females.

There are multiple causes of psychosis, which can include inherited or acquired medical conditions, substance abuse or withdrawal, or exposure to severe stress.

The experience of psychosis varies greatly from person to person and individuals experiencing psychosis may have very different symptoms.

What is EPI?

EPI stands for ‘Early Psychosis Intervention’

The EPI Program is aimed at enhancing the recognition of early signs and symptoms of psychosis so that effective treatment can be started as soon as possible.

The objective is to improve services to young persons who are in the early stages of psychosis. The program bridges youth and adult mental health services, as well as the hospital and community.

Who can be referred to EPI?

The program offers services for persons age 13 to 35 who:

- are experiencing a first psychotic episode or have a suspected psychosis and/or
- have a family history of psychotic disorder and are experiencing a recent deterioration in function at school, work, or home

Please note that drug use does not disqualify from referral, when combined with the above criteria.

Who can make the referral?

A person can enter the EPI Program either by hospital or community referral. We also welcome referrals from individuals and families.

How is the referral made?

Initial contact is made by telephone to the EPI Intake Clinician who will gather details to determine if EPI intervention could be helpful. Sometimes other services are recommended.

Early intervention IS prevention

- Early intervention is key to a successful recovery
- Treatment is most effective when it is started early
- For many, the first episode is also the last

Who do you call for help?

Don't be afraid to ask for help, for yourself, or for someone you know. If you've noticed some unusual changes in thinking or behaviour, social isolation, and/or feelings of suspiciousness, depression or anxiety, contact the Fraser South (Surrey, Delta, Langley, White Rock) EPI Program.

604.538.4278